

Nutrition & Physical Activity Resources

Resource	Where To Find It	Who It's For	How Will It Help?
2005 Dietary Guidelines for Americans	http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm	Anyone over 2 years old	Learn how good dietary habits can promote health and reduce risk for major chronic diseases.
MyPyramid	http://www.mypyramid.gov	Anyone over 2 years old	Interactive tools to help you plan and assess your food choices,
Fruits & Veggies - More Matters	http://www.fruitsandveggiesmorematters.org/	Families	Information on fruits and vegetables
Team Nutrition	http://www.fns.usda.gov/tn/	Schools	Information about USDA's Team Nutrition Program and how schools can benefit
University of MO Extension	http://extension.missouri.edu/	General public	Offers research-based educational programs and publications in the areas of agriculture, community development and family and consumer sciences.
Missouri State Parks	http://www.mostateparks.com/	General public	Find places to enjoy the outdoors with family. Order State Parks brochure for each student at 800-334-6946
Produce for Better Health Catalog	http://www.pbhcatalog.com/	Teachers, foodservice directors, PTA	Order teaching aids & promotional items for Fruits & Veggies, More Matters campaign (replaced 5 A Day)
Create Healthy, Active Celebrations	http://www.fns.usda.gov/eatsmartplayhardhealthylifestyle/QuickandEasy/celebrations.pdf	Families	Ideas to make healthy eating and physical activity experiences part of special events and celebrations.

Nutrition & Physical Activity Resources

Resource	Where To Find It	Who It's For	How Will It Help?
Physical Activity Cards - University Extension	http://extension.missouri.edu/explore/hesguide/foodnut/n00862.htm	Teachers	More ideas to incorporate physical activity breaks in classroom
Just A Minute (JAM) School Program	http://jamschoolprogram.com	Teachers, PE dept.	Delivers a weekly 1- minute exercise routine called JAMmin' Minute and a monthly health newsletter called Health-E-Tips. NO COST
Active and Healthy Schools	http://www.activeandhealthyschools.com	Teachers, PE dept.	Source for Physical Education, Athletics, Fitness, Recreation & Health Equipment. <i>Active & Healthy Schools</i> manual includes information on creating and active, safe, & friendly playground and more.
Health Promotion literature list	http://www.dhss.mo.gov/warehouse/e-l-hp.html	Foodservice directors & teachers	order free Fruits & Veggies More Matters posters
NCES Catalog	http://www.ncescatalog.com	Nutrition educators	A guide to health and nutrition education books and other resources. All materials reviewed & approved by dietitians
Sweet Deals: School Fundraising Can Be Healthy and Profitable	www.cspinet.org/schoolfundraising.pdf	PTA and other school groups	Find healthy fundraising alternatives

Nutrition & Physical Activity Resources

Resource	Where To Find It	Who It's For	How Will It Help?
2005 Dietary Guidelines for Americans	http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm	Everyone over 2 years old	Learn how good dietary habits can promote health and reduce risk for major chronic diseases.
MyPyramid	http://www.mypyramid.gov	Everyone over 2 years old	Interactive tools to help you plan and assess your food choices,
Fruits & Veggies - More Matters	http://www.fruitsandveggiesmorematters.org/	Families	Information on fruits & veggies targeted to moms
Team Nutrition	http://www.fns.usda.gov/tn/	Schools	Information about USDA's Team Nutrition Program and how schools can benefit
University of MO Extension	http://extension.missouri.edu/	General public	Offers research-based educational programs and publications in the areas of agriculture, community development and family and consumer sciences.
Missouri State Parks	http://www.mostateparks.com/	General public	Find places to enjoy the outdoors with family
Produce for Better Health Catalog	http://www.pbhcatalog.com/	Teachers, foodservice directors, PTA	Order teaching aids & promotional items for Fruits & Veggies, More Matters campaign (replaced 5 A Day)
Create Healthy, Active Celebrations	http://www.fns.usda.gov/eatsmartplayhardhealthy lifestyle/QuickandEasy/celebrations.pdf	Families	Ideas to make healthy eating and physical activity experiences part of special events and celebrations.
Sweet Deals: School Fundraising Can Be Healthy and Profitable	www.cspinet.org/schoolfundraising.pdf	PTA and other school groups	Find healthy fundraising alternatives